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25. A health monitoring system comprising:

- a monitoring device for monitoring a condition indicative of a person's physical well-being and for generating a digitally encoded health signal representative of said monitored condition;
- a patient interactive and feedback unit coupled to said monitoring device comprising:
  - a display;
  - an input device for receiving input;
  - a memory comprising program components; and
  - a processor coupled to said input device and said display for generating a video signal according to at least one of the stored program components, the received input and the generated digitally encoded health signal, wherein said display generates a display according to said generated video signal;
- a signal interface coupled to said interface unit for generating a transmission signal according to at least one of said generated video signal and the generated digitally encoded health signal; and
- a health provider unit comprising a processor and display, said health provider unit is coupled to the signal interface over a digital network for receiving the generated transmission signal, wherein the processor of said health provider unit generates a video signal according to said received transmission signal and said display of said health provider unit generates a display according to said video signal generated by the processor of said health provider unit.

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26. The system of Claim 25, wherein said patient interactive and feedback unit is a palm-top computer.

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27. The system of Claim 25, wherein said patient interactive and feedback unit is a personal digital assistant or PDA.

28. The system of Claim 25, wherein said patient interactive and feedback unit performs a testing sequence and associated calibration and testing procedures; displays statistical data graphically or alphanumerically; supplies control signals and signals representative of food intake; and simultaneously displays information representative of said monitored condition with images representative of food intake.

29. The system of Claim 25, wherein said memory stores said monitored condition indicative of the person's physical well-being, said video signal generated by said processor of said patient interactive and feedback unit is a trend chart corresponding to said stored monitored condition indicative of the person's physical well-being, and said display of said patient interactive and feedback unit displays said trend chart.

30. The system of Claim 25, wherein said patient interactive and feedback unit receives information from the health provider unit, processes the received information and displays the processed information on the display.

31. A health monitoring method comprising:  
monitoring a patient for a health-related parameter and generating an encoded health signal representative of said monitored parameter;  
generating a display for viewing by the patient according to the encoded health signal;  
generating a transmission signal incorporating the encoded health signal; and  
transmitting said transmission signal to a remote facility.

32. The method of Claim 31, wherein generating a digitally encoded health signal comprises generating a history of said monitored health-related parameter and generating a display

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comprises generating a display of a trend chart corresponding to said generated history of said monitored health-related parameter.

33. The method of Claim 31, further comprising generating a display at said health provider unit according to said received transmission signal.

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